



thenewhammag

issue 222 // 10–24 June 2011



**Crowd
pleaser**

Sunday Fun Day kicks
off summer (p18)



Walk4Life

Mile Walk Event

Bring your family and friends for a walk in the park

Sunday 26 June 2011, 10am
West Ham Park, Upton Lane,
Forest Gate E7 9PU

The route is one mile which will take on average 10 to 20 minutes, depending on ability and pace.

The walk is suitable for all abilities including those in wheelchairs and new walkers.

Register at getactive@newham.gov.uk or on the day by 10am at the main gate on Upton Lane for 10.30am start. Under 16 years welcome but must be accompanied by an adult.

For more information contact Paula or Chris on **telephone:** 020 3373 6588 or 020 3373 1093

Nearest tube: Plaistow, Upton Park
Buses: 25, 330, 86, 104, 325, 678, 238

Visit the Walk4life website to record your walk time and build a personal fitness log as well as find more mile walk routes in Newham.

www.walk4life.info



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www.newham.gov.uk/adoption

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If you were one of the 23,000 people who came to the Sunday Fun Day, relive the highlights in our picture special (p18).

With the 2012 Games edging ever closer, TfL shares its plans for the Olympic and

Paralympic Route Network, parts of which could affect you (p8).

Although recycling rates are increasing, contamination can literally rubbish your efforts so read our recycle reminder (p14) to ensure you're doing it right.

This issue also includes the Mayor's Annual Report to Residents; see how we performed last year on page 21.

Cllr Ian Corbett

Executive member for infrastructure and environment

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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Don't forget to recycle your Newham Mag once you've read it

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

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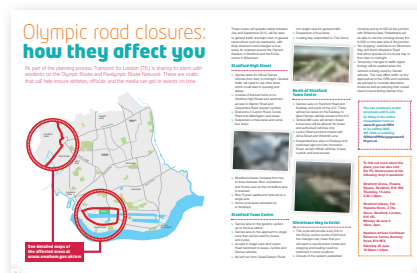
Look out for the next issue from 24 June 2011

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IN BRIEF //

Warning over sales to children

Newham Council has warned traders not to sell age-restricted goods to children after a sales assistant and shop owner were fined for selling cigarettes to a girl aged 15.

Owner Ifzal Hussain and assistant Zaheer Iqbal from A&A Choudhury Food Centre in Barking Road, East Ham, were fined a total of £300 at Stratford Magistrates' Court. The sale took place last October.

Games must benefit young

A former member of Newham's Youth Council has said the 2012 Games must deliver a successful legacy for young people.

Kishan Patel, 16, was involved in a debate at City Hall where 200 youngsters told how the Games will touch their communities.

He said: "A successful legacy is a long-term aim, but we must act now to achieve it. The 2012 Games will be the largest sporting event ever in London, but the legacy will tell the story of its success for generations to come."



Kishan Patel

Tube disruption

There will be no service on the District Line on 11 and 12 June between South Kensington and East Ham. Rail replacement bus services will operate between Canning Town and Liverpool Street and between Mile End and Stratford, Upton Park and East Ham. The Hammersmith and City Line is also closed between Liverpool Street and Barking. Visit www.tfl.gov.uk for more information.



Council Tax move benefits residents

Newham's Council Tax and benefits service will be moving to a single location at Newham Dockside in Beckton. Residents will be given an appointment by telephone to attend instead of waiting in a queue at their Local Service Centre (LSC).

From Friday 26 August there will be no Council Tax and benefits service at any LSC. The change is taking place as part of the council's Customer Access Programme, which is geared towards making sure residents have enquiries dealt with swiftly and efficiently by one person within the organisation.

"The council is continuing to change and modernise the ways services are delivered to give residents better value for money," said Councillor Andrew Baikie, executive member for housing and customer service.

Residents can continue to access the Council Tax and benefits service, to pay bills or apply for discounts, by visiting www.newham.gov.uk/counciltax or calling 020 8430 2000. If you need further information about the changes taking place, speak to a member of staff at your nearest LSC.



Newham Dockside

Putting the brakes on illegal vehicles

The council helped the police with the removal of 31 illegal vehicles from streets across the borough during a two-day operation.

Operation Reclaim was designed to target people who drive uninsured or unlicensed vehicles. Police used automatic number plate recognition technology to identify those vehicles.

Along with the vehicle seizures, officers made one arrest for disqualified driving and made 41 reports for document offences.

Insp Phil Stinger said: "This operation contributed to a larger crackdown on motor vehicle crime in Newham. We are sending out a clear message that if you drive illegally, there is a serious risk of you losing your car.

"The police and council are doing this to protect innocent road users left with injuries or expensive damage to their vehicles as a result of someone else's disregard for the law."



Some of the cars that were removed



News

Council supporting pedal power

Newham Council has signalled its commitment to increasing cycling opportunities across the borough by appointing Beckton ward councillor David Christie to be its cycling advisor.

The appointment was agreed by the council's Cabinet and is unpaid. Councillor Christie will report on how to encourage cycling, covering matters such as safety and accessibility, health and recreation opportunities for residents and visitors.

In a speech at the council's annual general meeting, Councillor Christie said: "Newham has seen increases in cycling and if you are out and about in the borough you will see a growing number of people on their bikes.

"We need to consider current and future cyclists and walkers when we design spaces and that should be a key requirement of our planning considerations."



Cycling advisor Cllr Christie at the annual meeting

Benefits cheat is foiled

A 'dishonest' mother-of-three who jetted round the world using proceeds from scamming benefits has been sentenced to a 12-month jail term, suspended for two years.

Jennifer Baiden, of New City Road, Plaistow, fraudulently claimed Housing and Council Tax benefits from 2000 until her arrest in 2009. Inner London Crown Court heard she lied about her husband's employment as a chauffeur, as well as her previous conviction for false accounting in 1997.

Judge Nigel Seed was told she scammed Newham Council out of almost £75,000 in benefit payments, enabling her to take trips to exotic destinations including Jamaica and Canada.

Councillor Andrew Baikie, executive member for housing and customer service, said: "The fraudulent use of taxpayers' money will not be tolerated. It is completely unacceptable and perpetrators need to know they will be caught and punished."

Salute for a real talent

A winner of one of Newham Council's prestigious Shining Through awards has been applauded for reaching the final of hit TV show Britain's Got Talent.

Young Mayor Ali Mohamed and Mayor Sir Robin Wales sent personal congratulations to James Anderson, 12, from East Ham, a member of the boy band New Bounce, who have been compared to the Jacksons and praised by pop mogul Simon Cowell.

James, who has appeared in the West End as a young Michael Jackson, received a Shining Through award at the Old Town Hall, Stratford, last November for creativity in the arts. He has been invited to appear at the Mayor's Newham Show in July.

Young Mayor Ali said: "Newham is full of talented young people and we are all delighted to see James fulfilling the potential that he showed at the Shining Through awards ceremony where he performed a song by the Jackson 5."



James on stage

Streets ahead

I often get asked what a typical day as Mayor of Newham involves. The short answer is, for me, there is no such thing as a typical day – the only thing that remains constant is doing the best I can for residents and the borough, standing up for and championing local people. Whether this is by getting together with my councillor colleagues to hear what you tell them are your concerns or meeting with key business partners who have an interest in the borough.

“You or I may not win gold come 2012 but the real prize will be the lasting legacy I will continue to fight for, for us, our children and generations to come.”

Most recently, I met with Transport for London (TfL) to discuss its plans for the Olympic and Paralympic Route Network (OPRN). Key roads in and out of the borough will be closed to general traffic to ensure athletes, officials and the media get to sporting events on time. These adjustments are understandable. But the plans will have an impact on residents living in and around the OPRN. There will be implications for residents travelling in and out of the borough, as well as for the council in delivering vital services.

TfL explained that it was holding drop-in sessions for anyone who wanted to know more – these were planned in neighbouring Tower Hamlets. There will be disruption during the Games, we all know that, and some, like the OPRN, will be out of our control. We may not be able to change some things but we can prepare for them and do what we can to inform residents and minimise inconvenience.

TfL has provided us with information regarding the OPRN,

which is detailed on pages eight and nine. You shouldn't have to go far to find out what's happening, or about to happen, on your doorstep. That's why, following my meeting with TfL, there are now a number of Newham drop-in sessions.

The Olympic and Paralympic Games are a once in a lifetime opportunity; inviting the world to our doorstep, and the challenges that brings, is part and parcel of what we signed up for when we put in our bid to host the Games. You or I may not win gold come 2012 but the real prize will be the lasting legacy I will continue to fight for, for us, our children and generations to come.



Mayor's view

Making the right connections

I've always said Newham is a fantastic place with a young and vibrant population. I am always inspired by the sense of community here – there's always something going on.

Our Sunday Fun Day in and around Stratford (pictured) was another fantastic success – the 23,000 plus who attended can't be wrong. It highlighted the strong and diverse connections between the people who live here, and there aren't too many areas in the country that can boast about that.

We are a community where people can rely on those around us for support, for help and for advice. People from different backgrounds doing more than just getting along – we actively engage with each other and make a positive contribution to our wider community.

You tell me that people in Newham do get on well together. The council can't create friendships but we can provide the opportunities for us to come together and build connections, especially at our community events. They are a major part of our resilience agenda and long will we continue to provide opportunities for connections to develop.

See more of the fun we had in Stratford on pages 18 and 19.



with Sir Robin Wales

Olympic road closures: how they affect you

As part of the planning process Transport for London (TfL) is sharing its plans with residents on the Olympic Route and Paralympic Route Network. These are roads that will help ensure athletes, officials and the media can get to events on time.



See detailed maps
of these areas at
www.newham.gov.uk/orp

These routes will operate mainly between July and September 2012, will be open to general traffic and kept clear of general obstructions such as roadworks, with likely diversions and changes to bus stops for example around the Olympic Stadium in Stratford and the ExCeL centre in Silvertown.

Stratford High Street

- > Games lanes for official Games vehicles from 6am to midnight. General traffic will need to use other lanes which could lead to queuing and delays
- > A series of banned turns on to Stratford High Street and restricted access to Warton Road and Carpenters Road (except cyclists)
- > Diversions in Leyton Road, Cooks Road and Marshgate Lane areas
- > Suspension of bus lanes and some bus stops



- > Westbound lanes increase from two to three between Bow roundabout and Hunts Lane as the contraflow lane is reversed
- > Bow Flyover eastbound reduced to a single lane
- > Some cycle lanes relocated on to footways

Stratford Town Centre

- > Games lane on the gyratory system up to the bus station
- > Games lane on the approach to Angel Lane that can be used by buses and cycles
- > Access to Angel Lane and Leyton Road restricted to buses, cyclists and Games vehicles
- > No left turn from Great Eastern Road

- into Angel Lane for general traffic
- > Suspension of bus lanes
- > Loading bay suspended on The Grove



North of Stratford Town Centre

- > Games Lane on Ruckholt Road and Eastway and parts of the A12. There will be two lanes on the Eastway to allow Olympic vehicles access to the A12
- > Temple Mill Lane will remain closed but access will be allowed for buses and authorised vehicles only
- > Leyton Road junctions closed with Alma Street and Windmill Lane
- > Suspended bus stop on Eastway and restricted right turn into Homerton Road, except official vehicles, buses, cyclists and local access



Silvertown Way to ExCeL

- > This route will provide a key link to the ExCeL centre via the A1020 and the changes may mean that you will need to use diversion routes and stopping and loading could be restricted in some locations.
- > Closure of the western pedestrian

- crossing across A1020 at the junction with Britannia Gate. Pedestrians will be able to use the crossing across the A1020 on the east side of the junction
- > 'No stopping' restrictions on Silvertown Way and North Woolwich Road that either operate 24 hours per day or from 6am to midnight
- > Temporary changes to traffic signal timings will be needed when the network is being used by Games vehicles. This may affect traffic on the approaches to the ORN and motorists are advised to consider alternative routes as well as reducing their overall need to travel during Games time.

Make your views known directly to TfL

You can comment on the proposals until 8 July by filling in the online consultation form at www.tfl.gov.uk/ORN or by calling 0845 305 1234 or emailing ORNandPRNengagement@tfl.gov.uk

To find out more about the plans, you can also visit the TfL Games team at the following drop in sessions:

Stratford Circus, Theatre Square, Stratford, E15 1BX
Thursday, 16 June
4.30-7.30pm

Stratford Library, The Hopkins Room, 3 The Grove, Stratford, London, E15 1EL
Monday 20 June 2
10am -2pm

Newham African Caribbean Resource Centre, Barking Road, E13 9EX
Saturday 25 June
10.30am-1.30pm

See the sites of **Newham**

For the best way to get up to the minute council news, find out what's on and contact your council, the web is where it's at. The council has two websites: **www.newham.gov.uk** and **www.newham.com**, which are regularly updated to keep you in the know. The Newham Mag will be bringing you updates on what's new on our two sites – but for now, read on, open up a browser and add us to your favourites.

All business

Think of Newham.gov.uk as a one-stop shop for information about council services. If you want to find out school term dates or when your bin will next be collected, you'll find the information you need, whenever you need it. You can also find information on who your local councillor is, agendas and times of meetings and all council business.

This site also makes it as easy as possible for you to contact us. If you've spotted some dumped rubbish or wish to apply for a bulky waste collection, rather than going to your Local Service Centre or calling us, simply do it online.

Mug shots

Find your face at the Sunday Fun Day – a selection of photos of the big day can be found at **www.newham.gov.uk/sundayfunday2011**

Bin having problems?

Report any missed bin collections online at **www.newham.gov.uk/missedcollection**

Newham news

Newham.com is all about the borough, minus the council business. It's a hub of everything that makes the locality lovely – from restaurants to community groups to tourist attractions, it's all at the click of a button.

We've divided the site into easy-to-use sections: live, visit, work, invest and business. You can even send in your own activities that you'd like to promote by emailing **info@newham.com**



Exciting developments

Read all about the plans to transform the south of the borough **www.newham.com/meanwhile_london_competition**



There's plenty to explore. Why not visit **www.newham.gov.uk** and **www.newham.com** today and take a look for yourself.





**The Mayor's
Promise #10**

**The Mayor's
Promise #11**

Free swims

Dive into swimming

As the temperature outside rises find the perfect way to cool down at one of nine swimming pools in the borough. Whether you can swim like a fish or have never dipped your toe in a pool, we have sessions to suit residents of all ages and abilities.

Free adult taster swim

This introductory lesson for non-swimmers aged over 16 will give you a chance to familiarise yourself with the water and learn techniques that will help you become a swimmer. If you enjoy the experience, you can sign up to an introductory six-week swimming course at the discounted price of £15, instead of £35. Tasters are held at Atherton and Balaam leisure centres.

Swim fit plus

If you're a competent swimmer who wants to make waves in the water, join Swim Fit Plus, a weekly session at all Newham leisure centres offering poolside coaching for an additional £1 on top of the usual price. Improve your stroke, perfect your breathing or undertake exercises that will take your swimming to the next level.

Swimming for disabled people

Small class sizes and tailored teaching are offered at this learn to swim multi-disability session for under-16s held on Thursdays from 4-6pm at Balaam Leisure Centre. Siblings are welcome to join in. Sessions are £1.

The Otters run a free family swim for disabled residents of any age and ability every Saturday in the main pool at Newham Leisure Centre from 4.45-5.45pm.

Different strokes

We've joined up with the Big Splash to bring you offers so good you'll think you've got chlorine in your eyes. Visit www.newham.gov.uk/swimming and follow the link to download vouchers for a free water work out, a two-for-one swim, swim taster session and a free family swim. One voucher per activity, per person.

If you're aged over 60 or under 16, don't forget that despite national government cuts, all competent swimmers can enjoy a free swim during all general swimming times. Call into any Newham leisure centre or visit www.newham.gov.uk/swimming for more details.

Find your leisure centre

Atherton Leisure Centre,
Romford Road, E15. 020 8536 5300.

Balaam Leisure Centre,
Balaam Street, E13. 020 7476 5274.

East Ham Leisure Centre, 324
Barking Road, E6. 020 8548 5850.

Newham Leisure Centre, 281 Prince
Regent Lane, E13. 020 7511 4477.



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WRONG RECYCLING

We all know how important recycling is for the environment, but did you know that every year, tonnes of reusable waste cannot be recycled because it gets contaminated by other waste?

It's really important that the things you put in your recycling bin – or orange bag if you live in a flat – can be recycled. You might be diligently rinsing and squashing your plastic milk bottles and food tins but if you then mix these up with glass and other non-recyclables and put them all in your recycling bin none of these products can be recycled.

Common contaminations

Garden waste

Lots of us are getting green-fingered at the moment but are you leaving your leaves in the wrong place?



We provide a free green garden waste service, collecting cuttings, leaves, flowers and weeds. To book your collection call **020 8430 2000**.

Boost your flower beds with homemade compost. You can recycle garden waste and uncooked vegetable peelings by placing them in a compost bin. To order one at a subsidised rate call **0845 130 6090** or visit **www.newham.getcomposting.com**

Textiles

If your kids have outgrown their clothes or you need to clean out your wardrobe, your recycling bin should not be your garments' final destination. There are 39 recycling banks in our borough where you can deposit unwanted textiles. Find your nearest by visiting **www.newham.gov.uk/recycling**

If your clothes are in good condition, drop them off at a charity shop where they can find a new home. Find your nearest by going to **www.charityretail.org.uk/locator.php**



Building waste

Doing a bit of DIY might improve your home but it won't improve the environment if you put waste like plaster and tiles in your recycling bin.

You can dispose of building waste for free at Jenkins Lane Reuse and Recycling Centre (RRC), IG11.



Visit **www.newham.gov.uk/recycling** for more information.

Waste watch

All tins and cans, card and cardboard, paper and plastic bottles go in your orange-lidded recycling bin.

Everything else, including margarine tubs, juice cartons and yoghurt pots should be placed in your green wheelie bin.

If you are unsure of what can and can't go in your recycling bin visit **www.newham.gov.uk/recycling** or call **020 8430 2000** and soon you'll be a recycling expert.



Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

YOUNG ENOUGH TO CARE

Elise Sengo, 17, from Stratford, talks about
being a young carer.

"I realised I was a carer from when I was able to understand that my brother, who is now 19, had autism, so I was roughly seven or eight. My brother's disability isn't severe, we both go to college, however when it comes to taking him out I may have to tell my friends that I'm busy. Or if I have to do my homework I complete it quickly, so then I'm not stuck if I have to care for my brother.

**"I cope with my responsibility
with my family – my mother
and my little brother – so
it's all shared"**

"I found out about a group called Newham Young Carers (NYC) when I went to one event which was held in Stratford Advice Arcade. I was able to get a lot of information and I joined.

"I reckon my life changed because I was able to speak openly about my brother so it made me drop a lot of things off my shoulders. NYC helps us with support and guidance, so if you're ever feeling low they will make you feel happy and take you away from it all.

"I think the most difficult part of being a carer as young as me is that I always want to go out with my friends, but I have to put my plans on hold in order to fulfil my brother's needs. Being a carer is obviously about caring for a person but it's also about the time you give in order to care. I cope with my responsibility with my family – my mother and my little brother – so it's all shared. You cannot do it all alone."

Newham Carers' Network is part of the Renewal Programme. Turn to page 38 for information on Carer's Week events. Find out more about the Newham Young Carers' Network by calling 020 8522 1555 or emailing Malcolm on malcolm@newhamcarers.org.uk



Elise Sengo

Fashion icon

Aged 22, Petra Johnson has trodden paths that many of us don't come across in a lifetime, but it's this journey that has shaped her into the person she is today – a successful fashion entrepreneur whose designs are changing lives, as well as trends. With help from her alter ego fashion label, Caramel Rock, the girl from Custom House is scaling new heights – and she's taking the people she empowers with her.

Petra is one of the founding Ascension Eagles cheerleaders – and a former gang member. The squeaky-clean persona of a cheerleader and the threatening image of a street tyrant don't go hand-in-hand but, back then, living life on the edge seemed like the norm. She said: "In school, I was always good. Because there were boundaries and rules I obeyed them. Outside school it was a different lifestyle. Because of what I was surrounded by then I thought I had to be that way. In my head, it wasn't really through choice but looking back now as an adult, you always have a choice."

How did you break away from your gang?

Some people I really cared about were badly hurt and moved out of my life. I'd never been alone before. It was a big change.

The only light I had was the cheerleading. It gave me a place to go. Even though I was part of this gang environment, I was also part of something that was able to take me out of it and open my eyes to the fact that there was a lot more to achieve in this world.

I allowed myself to open up and I was ready to move on and do something. Shara [Brice, founder of the Ascension

Eagles] helped me to come up with my fashion project concept.

There was a youth Dragon's Den at the University of East London. I put together a proposal to teach girls how to make garments and was successful and awarded £2,000. I started in the Garden Café (Custom House) and promoted my course by walking around the streets. I'd go up to any group of boys or girls and say: 'I'm in the Garden Café, why don't you come?'

What happened next?

We started by making tutus and dresses and teaching pattern cutting and hand



crafting. Today, we're running so much more. We have a youth project after school, open to anyone interested in fashion, and an adult programme where the outcome is to showcase a fashion show – our last one was at the O2.

We work with JobCentre Plus; they refer people for work experience so they have something on their CV and can get back into work. We have a disability programme, in conjunction with Royal Docks Community School, as well as a schools' programme where we work with kids on the verge of being expelled, to give them an additional accreditation

alongside their GCSEs.

Fashion Be Globba, based in Paris, send their residents here for work experience, we do events and events management, and I hold street dance classes here too.

If Caramel Rock hadn't come about where do you think you'd be right now?

Honestly? I'd be either dead, in prison or pregnant and on benefits. It's as clear cut as that. It took me out of that scene and I was able to focus on the right path. During that time it was scary, it was sad, stressful, depressing but it got me ready

for now. Living the lifestyle I had been wasn't glamorous – it's not a path anyone chooses – you just find yourself in it, but you can also find your way out.

If I didn't experience it I wouldn't be doing this. You have people that do social and youth work but for me, they will never understand. I walked the walk and experienced it. I have a whole different outlook on working with young people. I kinda feel like I understand and have a different tactic to help them.

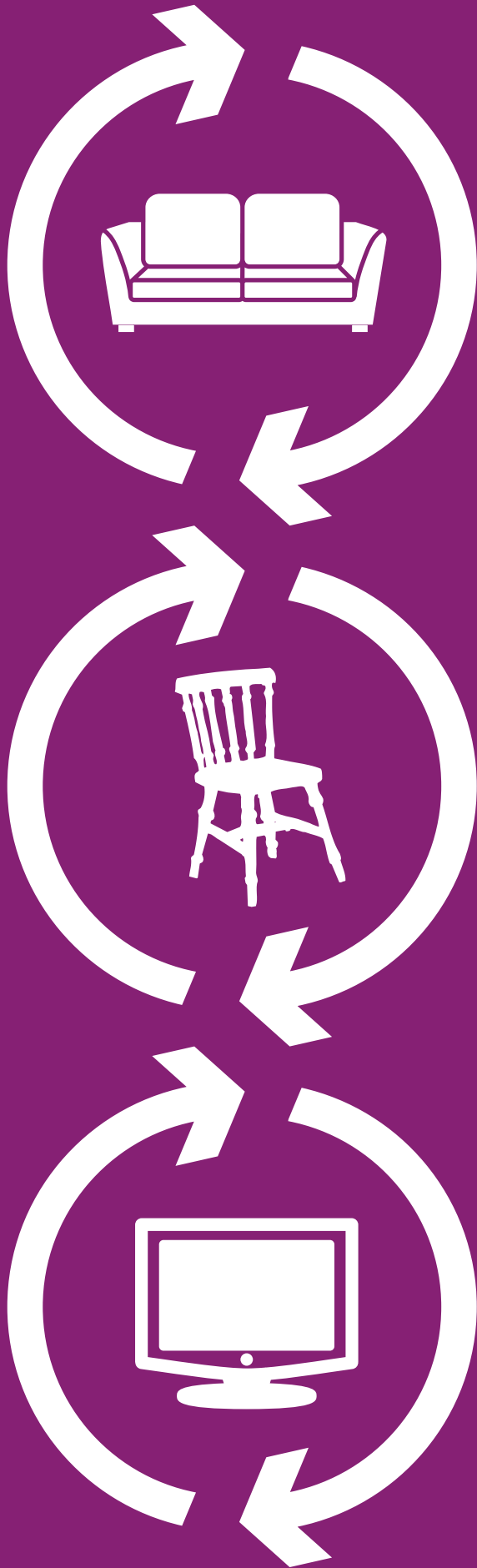
Find out more about Caramel Rock by visiting www.caramelrock.com



Fun Day in pictures



At the free Stratford Sunday Fun Day, the Black Eagles **(1)** soared to new heights as they mesmerised the gathered throng in Stratford Park with their awesome acrobatics. Entertaining the crowds whilst walking on sunshine was a juggling act for the stilt walker **(3)** and things stepped up a gear at BMX sessions **(6)**. Over at the Old Town Hall, Stratford, it was check mate for Deborah Day Americano dancers **(2)**. Twenty-first century vogue by Unity Youth took place on the dancefloor **(4)**, hosted by East London Dance, who also got visitors in a spin at the hula hoop workshop **(7)**. Mamma Mia, brings a taste of the continent to the speciality market in Stratford Shopping Centre **(5)**.



Free bulky waste collection.

We'll collect large household items such as unwanted carpet, wardrobes, old fridges and freezers. Call us on **020 8430 2000** or visit **newham.gov.uk** to book your free collection.

**Play your part for
a Cleaner, Greener
Newham.**

Keeping my promises to you

The Mayor sets out his priorities according to what matters to you most. The Mayor's Contract with residents sets out how the council will deliver these to make Newham a better place to live, work and stay.

Over the next three pages, Sir Robin Wales reflects back on how we've met the promises he made to you in 2010/11. Read on to find out how we're saving you money, keeping you safe, keeping the borough clean, getting you into jobs and training and supporting community events to keep you connected.



Keeping my promises to you

ON YOUR SIDE IN TOUGHER TIMES

£500 more in your family's pockets for every child in a Newham primary school.

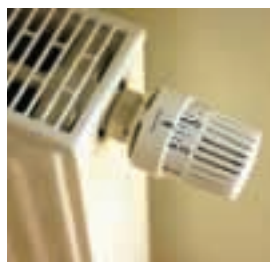
You said...

There is a squeeze on your finances so we are working to make sure we make things easier for you.

So...

I've kept the freeze on Council Tax this year which means more money

stays in your pocket and we still have the lowest Council Tax in outer London. We're continuing to support families and make life more affordable by providing free school meals for all primary school children – which is



keeping £500 in families' pockets for every child they have in a Newham primary school.

Finally, we have helped our vulnerable and older residents to reduce their fuel bills through insulating their homes and replacing their boilers.

SAFER NEWHAM

A 600 per cent increase on 2009/10 in enforcement notices. 39 dangerous dogs seized.

You said...

You told me that crime and anti-social behaviour remain your top concern and you want tougher action against those causing a nuisance in the borough.

So...

We have continued to work closely with the local police and have invested in the first live wireless CCTV camera in the borough to help improve coverage. This is now operational in Britannia



Village and is the start of a programme to install wireless infrastructure across the whole of the borough over

the coming year. This year we've issued more than 6,000 fixed penalty notices and in addition over 560 enforcement actions against people causing anti-social behaviour in the borough, a 600 per cent increase against the same period in 2009/10. We've got tough on irresponsible dog owners and those who litter our streets; the council seized 39 dangerous dogs last year.

CLEANER, GREENER NEWHAM

Cleanest streets for four years. Recycling rates up by one fifth.

You said...

You told me that it is important to you that we keep our streets clean and tidy.

So...

We have increased the number of hours spent on cleaning our streets.

Our busiest streets are now swept more often and we are delivering a 24/7 cleansing service in our busiest areas. As a result, our streets when inspected are the cleanest they have been for four years. We started a separate collection





of domestic refuse and recycling, investing in new bins and providing doorstep advice on

recycling across the borough, which has helped residents already to increase their recycling by a fifth. We will continue to support our residents to keep our neighbourhood clean by offering a free bulky waste collection of up to six items – at a time when many other boroughs are charging up to £52 for similar services. You have told me that parks and green space are important to you and we've invested £2.5m in major improvement schemes at Keir Hardie, Canning Town and Gooseley.

PROTECTING OPPORTUNITIES FOR NEWHAM'S RESIDENTS

More than 2,900 into work and 3,285 with new qualifications through Workplace.

You said...

That you want access to local job opportunities.

So...

Supporting local people to find jobs

remains one of my top priorities. We've massively increased the number of local people who have found

employment through our Workplace service – more than 2,900 over the last year and a further 3,285 residents achieving qualifications. The new retail academy is on schedule to open this summer. This will provide further opportunities for residents to gain a qualification and take advantage of the new jobs that will be available when

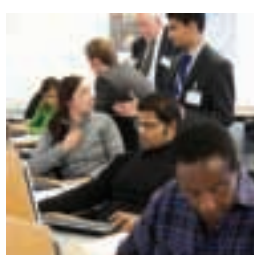


Westfield opens later this year. Workplace has already identified nearly 3,000 residents as

suitable for competing for these retail jobs.

KEEPING NEWHAM ACTIVE AND CONNECTED

Fifteen play areas improved. 1,900 young people have benefitted from learning an instrument through our ECAM scheme.



You said...

That you enjoy doing things together with your neighbours and the community and more of you are finding ways to participate in events and activities that bring the community together.

So...

You turned out in high numbers for several of our exciting free events including the Newham show, Under

the Stars free concerts, Fireworks Night and Newham London Run.

We've improved 15 play areas across the borough to provide young people



with safe environments to have fun and keep active. Over 100 of Newham's older residents have taken up our offer of free bowls



club membership, providing further opportunities to get involved in new activities and stay healthy.

Keeping my promises to you

THE YEAR'S ACHIEVEMENTS AT A GLANCE...

In line with my five pledges I make a series of promises each year that outline how I'll improve Newham for you. In March 2010 I made the 17 promises below – here's how we're doing.

#1. No increase in Council Tax.

#2. Free school meals for all primary school children.

#3. Every Child a Musician – 1,900 Year 5 and 6 primary pupils learning an instrument.



#4. Safer streets. Incidences of serious violent crime have fallen by 23.5 per cent.

#5. Increasing CCTV usage. We've purchased 22 mobile and 110 additional wireless CCTV cameras.

#6. Cracking down on anti-social dog owners – last year, 39 dangerous dogs were seized and 123 warning notices issued.

#7. Improving our parks:

£2.5m has been invested in Keir Hardie, Canning Town Recreation Ground and Gooseleys parks.



#8. Doorstep recycling advice. Door knocking and new bins have seen recycling increasing by a fifth.

#9. Free bulky waste collection. We continue to collect up to six items of bulky waste when other boroughs charge.

#10. Access to jobs and training. Since April 2010, 2,964 residents have been helped to find jobs through the council's Workplace service, with 3,285 people receiving free training.

#11. Improving council homes: 13,800 homes have been renovated to meet the decent homes standard.



#12. Affordable home improvements for older and vulnerable residents: 1,413 residents have benefitted.

#13. Investing in our secondary schools. More than £175m has been secured to invest in secondary schools.

#14. Free events for all. More than 114,000 people attend our events which include the Mayor's Newham Show and local community forum events.



#15. Improving play areas: 15 play areas have been improved.

#16. Protecting care for older residents in need. Supporting our vulnerable residents through improving personalised care packages.

#17. Free bowls club membership for older residents: 105 residents aged over 60 enjoyed free bowls club membership.

I WOULD LIKE TO HEAR YOUR VIEWS...

Call

Telephone surgeries are held on the second Wednesday of the month and the fourth Wednesday of the month, from 9.30- 10.30am. Call 020 3373 8444.

Write

Send your letters to Sir Robin Wales, Newham Town Hall, Barking Road, East Ham, E6 2RP; or email mayor@newham.gov.uk

Meet

You can drop into one of four monthly surgeries. See What's On for regular listings.

Upcoming surgeries:

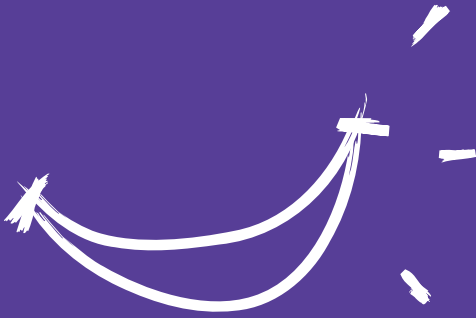
Monday 13 June, 9.30-10.30am, Canning Town LSC, 3 Beckton Road, E16

Tuesday 21 June, 5-6pm, Newham Town Hall, Barking Road, E6

To read the Mayor's Contract for 2011/12 visit www.newham.gov.uk/mayor

workplace

Creating a better future



Looking for a job?

We can help you
get the job that
you want.



Recruiting?

We can help you
find the staff that
you need.



020 3373 1101

www.newhamworkplace.co.uk

Stratford East Ham Canning Town

brought to you by

Newham London
Partnership

A close-up photograph of a pregnant woman's bare belly, which is the central focus. To the right, her hand is holding a bright red, classic-style telephone receiver. The background is a solid light blue. The text 'Baby talk' is overlaid on the left side of the image.

Baby talk

When you are pregnant or have a baby, everyone has an opinion on what you're doing right or wrong. Being a mum can be the most rewarding and challenging role in the world, but every baby has a different personality and needs. Unfortunately a handbook answering all the questions you'll have during pregnancy and when baby arrives doesn't exist. So, how do you choose whose advice to listen to?

You can now ask the experts. Call Newham Maternity Helpline on 020 8090 9999, from 10am to 8pm every day of the week and talk to an NHS midwife.

Whether you are thinking about having a baby or have just discovered you are pregnant, trained midwives are on hand to answer your questions and give you advice that's endorsed by the NHS.

What can I eat? What exercise can I do? How often should I see a midwife? How warm should my baby's bath water be? Is my baby kicking often enough? These are some of the questions the Newham Maternity Helpline staff answer every day.

The midwives also have details on how to access classes to help you prepare for the birth of your baby, Newham's home birth service, midwives based closer to your home at the four Midwifery Group Practices in Newham and local support groups including breastfeeding support.

I think I'm pregnant

As soon as you know you are pregnant, call the Newham Maternity Helpline on to book your first appointment.

This appointment gives your midwife and other clinical staff the information they need to know about you to plan your care

throughout your pregnancy. It is important to have your appointment before you are 12 weeks pregnant – any later and you may miss out on important scans and blood tests.

You can find out more about having a baby in Newham by calling the Newham Maternity Helpline on 020 8090 9999, picking up a leaflet from your local pharmacy or visiting www.newhammaternity.nhs.uk

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

Newham

Local Housing Allowance (LHA) rates June 2011

Number of bedrooms

Weekly amount

shared room rate (one bedroom in shared accommodation)	£ 69.27
1 bedroom	£ 161.54
2 bedrooms	£ 201.00
3 bedrooms	£ 253.85
4 bedrooms	£ 299.50

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

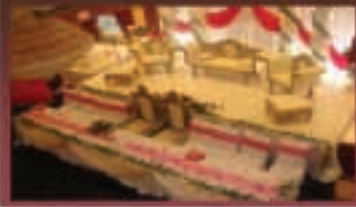
Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information



• WEDDING
• WALIMA
• RECEPTION
• ENGAGEMENT
• CONFERENCE
• AWARD EVENINGS
• PRODUCT LAUNCH
• SOCIAL GATHERING

• CATERING
• STAGES
• VENUE DECORATION
• WAITER SERVICES
• FLOUT DISPLAY
• SET SCULPTURE
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• VIDEO

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E19 5AP
0207 473 4400
www.impressionvenue.co.uk



the newham mag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk



Life's a beach

You might think that outdoor living and beach sports are more California than Canning Town, but you'd be in for a surprise. Between 13 June and 15 July, you can pack up your shades and sun tan lotion and be at the beach in record time, because the sand is coming to you. An urban beach is being created for one month only on a disused site in Silvertown Way, and will be the hotspot this summer for FREE fitness.

But this is no beach for dozing with a trashy novel – it's all about getting active. You will be able to try out sports, dance classes, exercise sessions and other activities, all for free – and you can pick up information on where you can do them in the borough once the month is up.

Activities include tai chi, Zumba, salsa, beach soccer, circuit training, rounders, karate and boxing training. They will be run on a first come, first served basis, so if you want to be sure of a place, you should turn

up on time for all the events.

The beach has been organised by the Canning Town and Custom House regeneration programme as part of the council's Month of Vitality, which will see plenty of extra health and fitness activities taking place near you. The site itself is awaiting development next year, as part of the regeneration programme.

Space for Community groups

Once the month's events are over, the

site will be used for the benefit of the local community, and already has a food growing project as well as a community events space. The events space is available to all community groups – get in touch if you are interested in making use of it by emailing sam.clark@newham.gov.uk or calling 020 3373 3538.

If you are interested in trying any of these events and can't make it during the Month of Vitality, find out what's on near you by visiting www.newham.gov.uk or calling Stella Hales on 020 3373 4008.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 June Tai Chi 10-11.30am	14 June Ballroom Dance 2-3.30pm	15 June Beach Soccer 3-4.30pm	16 June Karate 6.15-7.15pm	17 June Salsa 6-7pm	
20 June Tai Chi 10-11.30am	21 June Ballroom Dance 2-3.30pm Touch Rugby 4-5.30pm Line Dancing 6-7pm	22 June Handball 3-4.30pm	23 June Circuit Training 5.30-6.30pm	24 June Zumba 6-7pm	25 June A Day at The Beach Social Music & BBQ 2-5pm
	28 June Touch Rugby 4-5.30pm Line Dancing 6-7pm	29 June Ultimate Frisbee / Multi Sports 3-4.30pm	30 June Circuit Training 5.30-6.30pm	1 July Yoga 5.30-6pm Salsa 6-7pm	
4 July Boxing Training 4.30-5.30pm	5 July Touch Rugby 4-5.30pm	6 July Multi Games Session 4.30-6.30pm	7 July Circuit Training 5.30-6.30pm	8 July Yoga 5.30-6pm Zumba 6-7pm	
11 July Tai Chi 10-11.30am French Boules 5-6.30pm	12 July Touch Rugby 4-5.30pm	13 July Boxing Training 4.30-5.30pm	14 July Circuit Training 5.30-6.30pm	15 July Continuous Cricket 3-5pm	



Zumba is a high octane workout that combines dancing to Latin beats with a fitness exercise routine.



Touch rugby is a form of the sport where players do not tackle but use touch instead.



Tai chi is an eastern discipline that aids relaxation, balance and general health.



French boules is like lawn bowling, but played with small, metal balls.



Continuous cricket is a much faster and more informal type of cricket.



Festival fever for all

Festival season is upon us so don your flowery shirts or flowing skirts and head down to one of nine free community events taking place in your neighbourhood.

There will be health MOTs, sports and crafts activities and much more, so mark your local festival in your diary now.

Pier Parade Carnival Saturday 18 June, 2-6pm, Pier Parade, E16

Manor Park Summer Festival Saturday 25 June, 12noon-4pm, Plashet Park, E6

Plaistow Summer Festival Sunday 3 July, 12noon-4pm, Plaistow Park, E13

Beckton Summer Festival Saturday 9 July, 1-5pm, New Beckton Park, E6

Forest Gate Summer Festival Saturday 9 July, 11am-6pm, Osborne Road, E7

THRIVE Summer Festival Saturday 23 July, 12noon-4pm, Memorial Park, E15

Green Street Summer Festival Saturday 23 July, 12noon-4pm, Priory Park, E13

Stratford and West Ham Summer Festival Saturday 20 August, 12noon-4pm, Stratford Park, E15

East Ham Summer Festival Saturday 17 September, 12noon-4pm, Gooseley Park, E6

Each event is supported by Active Community Team (ACT) volunteers. Event details are published in your monthly community forum newsletter In Focus, delivered with the Newham Mag. Keep a look out for your next copy or for more details on these events email community.forums@newham.gov.uk

St Angela's national champs

Hoop dreams came true for St Angela's Ursuline under-14s basketball team after they were crowned national champions by England Basketball.

The Forest Gate school's team went head-to-head with Priestnall School from Manchester and came out top with a final score of 68-50. As well as a plaque and medals for all players, Brenda Kipewu, who contributed 27 points in the final, was named the most valuable player.



Brenda Kipewu with her award and the winner's plaque

Leading light wanted



If you know an ordinary person who does extraordinary things, give them their chance to shine by nominating them to carry the Olympic Flame during the Torch Relay.

The London Organising Committee for the Olympic and Paralympic Games is looking for inspirational people to pass on their passion to the watching world as the torch makes its way across the country before coming to Stratford for the opening ceremony of the London 2012 Games.

Nominations of around 150 words can be made online at **www.london2012.com** where you can also find more details and terms and conditions. Closing date for nominations is Wednesday 29 June.



New session for East End CAB

If you're struggling with debt or have welfare benefit issues, get guidance from the Citizens Advice Bureau (CAB) at their new drop-in at the Drugs and Alcohol Service for London (DASL), 134-138 Romford Road, E15.

Sessions are held on a first come, first served basis from 12noon-1pm on the first Thursday of every month; the next session is on 7 July. Those with appointments will be seen between 1pm and 2pm.

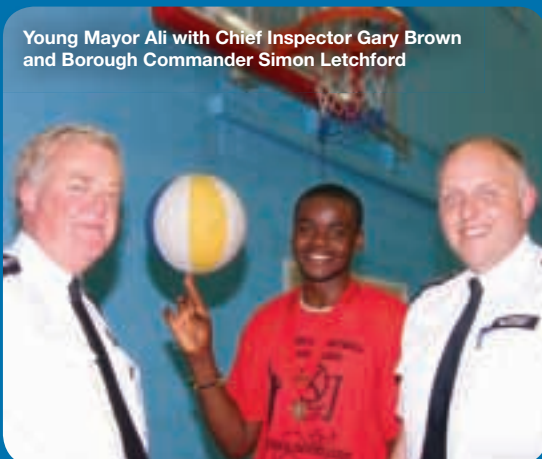
For more information call Newham CAB on 020 7540 4941.

Basketballs over blades



Victims of knife crime were remembered at the annual Carry a Basketball, Not a Blade (CaBNAB) event at Rokeby School, E16.

The Metropolitan Police joined players from the Newham All Star Sport Academy (NASSA) for a battle on the basketball court but not before a trio of workshops which looked at issues including knife crime, gang activity and anti-social behaviour.



A minute's silence was observed by police officers, NASSA players and invited guests, which included basketball enthusiast Ali Mohamed, Newham's Young Mayor. He said: "NASSA is not just about sport. They educate young people about the dangers and repercussions that come from getting involved in gangs and violence. I am proud to support them on behalf of Newham's young people."

Newham Borough Commander Detective Chief Superintendent Simon Letchford, presented NASSA with a cheque for £8,000 from the police to help keep the campaign running. Newham Police youth leader, Chief Inspector Gary Brown, said: "Newham Police remain totally committed to making people of all ages in the borough safer and this event is a great way to celebrate what the community and police, working together, can achieve."

For more details on NASSA basketball sessions turn to page 36.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Mahi Chowdhury, 7



Auritro, 7



Robert, 6



Sri Dharshan, 6

This fortnight's best entry wins four tickets to Draw with Simon Bartrum at Stratford Circus on Saturday 18 June



Get your entries in now to be in with a chance of winning a £10 token to spend at Newham Bookshop. Send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!**

Colour-me-in Crossword



Across

1. Pills (7)
5. Rowing event (7)
6. Test (7)
7. Stinging insects (5)
9. Half of the number 4 (3)
10. Fluid in a pen (3)
11. Elevator (4)
13. See 1 Down

Down

1. And 13 Across. Fairy tale characters in the picture... (5,6,4)
- 2... and their frightening enemy (3,3,4)
3. Things you send into a competition (7)
4. Adder or boa constrictor (5)
8. Low-value coin (5)
12. Label (3)

Poem



My favourite things
Are so special
They are the people I see every day
Who let me have my say
They are my teachers.

My favourite things
Are so special
They're things like drawing or writing
But certainly not fighting.

My favourite things
Are so special
They are things like playing at
playtime

And dinnertime
Until the bell rings.

My favourite things
Are so special
They are my friends who really care
Who I hope will always be there.
I want to take them all to my new
school.

My favourite things
Are so special
My friends and I love to have fun
We all play together when we are in
Hartley (school).

Now it's time to go to
secondary school
So I am enjoying the last
few weeks
In my own special way.
Playing and seeing friends is
great fun.
Goodbye Hartley but not the good
times and the beautiful memories.

So Special
By Maisha Ahmed, 10

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

10 – 24 JUNE

TRY SOMETHING NEW... NEW SHOOTS

Gardening guru Alison Skeat is holding workshops where you can learn to grow organic fruit at four, previously disused, sites in Newham. Sessions are free and take place on:

Tuesdays, 10.30-2.30pm
Beckton Community Centre,
East Ham Manor Way, E6

Thursdays, 9.30-1.30am
Leyes Road Allotments,
Victoria Dock Rd, E16

Thursdays, 12noon-1.30pm
Royal Docks Activity Centre,
Albert Rd, E16

Fridays, 10am-12.30pm
Katherine Road Community
Centre, Katherine Road, E7.

New Shoots is run by East Thames with the help of
Newham Council and OrganicLea.

If you'd like to come along, call Alison on 07961 674
210 or email alison.skeat@east-potential.org.uk



ALL LIBRARY LISTINGS

See Library Contacts (next
page) for venue details.

UNDER FIVES GROUPS

All open to under fives with
their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday

2-3pm

The Gate Friday

11am-12noon

Green Street Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday

11am-12noon and Friday

11am-12noon

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Imaginative Play

East Ham Friday

10.30-11.30am

Learning & Craft

Beckton Globe Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

East Ham Monday 20 June

6.30-7.30pm

Stratford Monday 13 June

6.30-7.30pm

Women-Only Urdu

Reading Group

The Gate Tuesday 14 June

5.30-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday

9.45-11.45am

Click-On – computer

sessions for over 50s, contact
the library to book a place

East Ham Friday 10am-

12noon and 2-4pm

Plaistow Friday 10am-12noon

and 2-4pm

Writers' Group

The Gate Tuesday 31 May

5.45-7.45pm

ICT Surgeries

Green Street

Tuesday 10am-12noon

The Gate Thursday 10am-12noon

Knit & Natter – craft group
for men and women of all ages
and abilities

Beckton Globe Wednesday

10am-12noon

Canning Town

Friday 10am-12noon

Movie Night at Stratford

Library – free

showing the film 'Mamma Mia'

(PG). **Stratford** Thursday 23

June 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-5.30pm

Stratford Playerz – Free activities for young people aged 12 and over.

Stratford Thursday 16 June 4pm-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham Leisure Centre

Fridays, 6-8pm, St Angela's

School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition,



Football

8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasht Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro

Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro

Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro

Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk



Learning And Craft



Ascension Football Academy

For info call Beryl Callison
020 7511 1232.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham
Leisure Centre, E13

- 11-16 girls, Tues,

4.30-6pm, Sarah Bonnell
School, E15

- Fri, 4.15-5.30pm 8-11 mixed
3.30-7.30pm, 12-16 mixed
Cumberland School, E13

For more information about

Newham All Star Sports
Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues
U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13
(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football,
competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles
Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

btinternet.com

Cricket

- Tapeball cricket league (free)
11-15, 16+, 6-9pm

Kingsford Astro Turf

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit www.newham.gov.uk

for information.

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn
Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High
Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

**Contact clubs before
visiting**

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open

to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

[healthyfutures](mailto:healthyfutures@osmanitrust.org)

@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-
15yrs, Sat, 10am-12pm

Street dance for girls, all ages,

Sat, 12-1pm

Non-contact boxing, eight-

12yrs, Sat, 2-3pm

All sessions are free, for info

call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic
champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or

visit www.newhamswords.co.uk

Dare 2 Dance

Free street dance classes for
girls aged 14-24 including
break dance, krump, waacking
and popping.

Newham Leisure Centre (New
Indoor Multi Sports Centre),
281 Prince Regent Lane, E13

Friday 3.30-5.30pm (3.30

- 4.30pm Open Technique

Class, 4.30 - 5.30pm

Choreography Class)

For more information

contact Nicole on 07970 783

526 or email [nicole.napier@](mailto:nicole.napier@newham.gov.uk)

newham.gov.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peaty@newham.gov.uk
or call 020 8430 2000 for
more information.

Universal Warriors Kickboxing Club

The Hub, 123 Star Lane,



Canning Town

Mondays and Wednesdays,
6.30-8pm
Grassroots, Memorial Park,
Memorial Avenue, West Ham
Fridays, 6.30-8pm
Saturdays, 10.30am-12noon
Cost per class: under-16s and
concs. £5; 16+ £7
For more information call Don
on 07784 712 813 or email
teamrichards@hotmail.co.uk

Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm-5.30pm
(4-15)
Thursday 6-8pm Fighting Fit
(karate combat techniques and
fitness) (16+)
Friday 6-7pm (4-15) & 7-8pm
(16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham
Leisure Centre, Prince Regent
Lane and the adjacent Multi-
Sports Indoor Centre. For more
information call 07508 070 638.

WCKD Karate & Self Defence Institute Teaching Freestyle Karate and self defence

All levels including beginners
Children (5-9 yrs) £3.50 Weds
5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds
6-7pm & Sat 12noon-1pm
Adult classes also available.
Call 07535 928297 for more
information.
Sunday 10-11am (4-16+)
Maryland Studios, 84-86
Leytonstone Rd, Maryland,
Stratford, E15 1TQ

Ramgharhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park
Juniors
Fridays, 6-7.30pm
Adults (Beginners/
Intermediate)
Fridays 7.30-9.30pm

Langdon School, Sussex
Road, East Ham
For more information and
prices contact Kilvir Bahra
on 07803 834 037 or email
ramgarhia.bc@gmail.com

OPA Netball Club Tuesdays

Under 16s: 6-7pm and over 16s
8-9pm
Matches in Essex Met League/
Three Swords League on
Saturdays
Lister Community School, St
Mary's Road, Plaistow
All levels welcome, for more
information and prices call Lesley
Jones on 07717 281 529 or
email opa_netball_club
@hotmail.com

Run in England - all £2

For more details email
oimafidon@runinengland.co.uk
or call 0797 926 1647

Monday, 4-5.30pm, Newham
Leisure Centre E13, meet on
the track

Tuesday, 6-7pm, Newham
Leisure Centre E13, meet on
the track

Wednesdays:
12noon-1pm, Newham
Dockside, Dockside Road
E16, meet at reception
5.30-6.30pm, Newham
Leisure Centre E13, meet on
the track

Saturdays, all 10-11.30am:
Central Park E6, meet at the café,
Wanstead Flats, meet at
Harrow Rd Changing Pavilion
West Ham Park E15, meet
at southgate entrance off
Portway

Sunday, 10am-12 noon,
Newham Leisure Centre E13,
meet on the track

East End Road Runners - for all abilities

Tuesdays, 7pm,
meet on the track at Newham
Leisure Centre, Prince Regent
Lane, E13. Annual membership
£10. Members: £3 per session/
non members £4.

Women United FC (16+) Mondays (Term time only)

6.00-7.15 Kingsford School,
Kingsford Way. Call Shona
Pollock on 07968 665849

Woodside Badminton Club Fridays 8-9.30pm

Carpenters Docklands Centre
98 Gibbins Road, E15.
Intermediate and club
standard players welcome.
Call Steve 020 8514 1586. £5
waged/£3 unwaged

Newham Cyclists

Newham rides starting at
10.30am from outside Stratford
Station and return at 3pm. No
need to book. Just turn up on
the day. Next ride is on Saturday
18 June.

To find out more, visit www.newhamcyclists.org

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for
young wheelchair users aged
six to 22. With an emphasis on
wheelchair rugby and training
from professional players.
Wednesday and Friday
evenings, 6-8pm
Rokeby School, Barking Road
E16 4DD
Call Eda on 020 8472 0058 for
more information.
Mon, Eastlea multi-sports club
for SEN & disabled young
people, Eastlea Community
School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure
Centre, E13, free

Multi-Activities

People with Disabilities Club,
Tues, Newham Leisure Centre,
E13, 10.30am-12.30pm

Swimming for children and young people with special needs

Newham Otters Swimming

Club, Sat, Newham Leisure
Centre E13, 4.45-5.45pm
For more information call
020 8552 3195
£5 Family Swim, Sun, Balaam
Leisure Centre, E13, 12.30-2pm
For details call Zeenat on
07528 562 902

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Zahra Mirza
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brompton
Manor School from 5-7pm

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12noon

For all of the following sessions
contact Zahra at GLL on 020
7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm,
Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham
Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham
Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure
Centre, free.

ARTS LISTINGS

Theatre Royal Stratford East Takeaway

Friday 10 June at 7:30pm
Eddie Woo is at a bit of a
crossroads to say the least.
He has failed his A-Levels

(again) while juggling two girlfriends, managing his father's takeaway (badly) and in his spare time fantasises about being the new (Chinese) Tom Jones!

Box Office 020 8534 0310,
website www.stratfordeast.com

OTHER

Carer's Week 13-18 June

Lots of FREE activities for all the family. Come along to find out what services you could use if you support a partner, child, relative, friend or neighbour who could not manage without your help.

Monday 13 June

Future of social care in Newham information day with workshops, Old Town Hall, Stratford E15, 10am-3pm

Tuesday 14 June

Cup of tea and a chat; outreach day at various venues across the borough including Newham General Hospital, Sainsbury's in Beckton and Sainsbury's in the Stratford shopping centre

Wednesday 15 June

Black, Asian and Minority Ethnic (BAME) Carers meeting, Beckton Community Centre, East Ham Manor Way, Beckton E6 10am-12noon
Information, Advice and

Guidance Event, Beckton Community Centre, 1-6pm

Thursday 16 June

Carers' cream tea, Central Park, E6, 11am-3pm

Friday 17 June

Carers' health fair and therapies day, Stratford Advice Arcade, The Grove, 10.30am-3pm

Saturday 18 June

Family Fun day, Eastlea School, Exning Road, E16, 12noon-4pm.

To find out more details about each event visit: www.newham.gov.uk/carersweek
Call: 020 3373 0837 or 020 8221 7616

St Edmunds Music Group

Radio Nights Orchestra (Swing Band)

Saturday 25 June, 8pm
464 Katherine Rd, E7

Featuring Nick Charles-Clarinet/Sax with music of Benny Goodman, Artie Shaw Coleman Hawkins and greats of the swing era.

£6/£5 conc. includes interval wine, soft drinks and snacks. Contact Audrie on 020 8471 0223.

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Licensing (2003 Act) Sub-committee

Friday 10 June, 10am

Children and Young People Scrutiny Commission

Tuesday 14 June, 7pm

Public Transport Liaison Group

Wednesday 15 June, 6pm, Lister Room, Newham Town Hall, East Ham E6

Strategic Development Committee

Tuesday 21 June, 7pm, Council Chamber Old Town Hall, Stratford, E15

Crime and Disorder Scrutiny Commission

Tuesday 21 June, 7pm

Cabinet

Thursday 23 June
5pm, 5.15pm (or at the cessation of Cabinet) Mayoral Proceedings

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period.

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

BOOT CAMP ACTION

Fitness, friendship and a huge range of useful life skills are on offer to children and young people for just £1 per session at the Britannia Village Boot Camp (BVBC).

Sessions are open to boys and girls aged six-to-16 and run on Wednesdays in Britannia Village Hall in Evelyn Road. Uniforms are provided.

As well as circuit training and general fitness, taught by ex-military man Tug Wilson, you can learn Nordic walking, a specialism of the club. Until recently, BVBC could boast the country's youngest Nordic walker! Members also learn first aid, nutrition, teamwork and leadership.

This year's passing out parade, which will include raising of the Union Jack, world and BVBC flags, as well as CPR and circuit training displays, is at Britannia Village Hall on Wednesday 6 July, 5-6.30pm. Everyone is welcome.

For more information, call Tug Wilson on 07932 879 786.



MEET THE MAYOR

Mayor's Surgery

Monday 13 June, 9.30-10.30am, Canning Town LSC, 3 Beckton Road, E16

Tuesday 21 June, 5-6pm, Newham Town Hall, Barking Road, E6

Speak to the Mayor

Telephone surgeries are held on the second Wednesday of the month and the fourth Wednesday of the month, from 9.30-10.30am. Call 020 3373 8444.

**Enrol now for
October 2011**



Earn while you learn at Birkbeck

The School of Business, Economics and Informatics at Birkbeck offers a range of certificate and undergraduate courses in Stratford. For students living and working in east London it's a great opportunity to study locally and gain a prestigious University of London qualification.

**To find out which of our Stratford courses is right for you,
visit www.bbk.ac.uk/prospective/stratford/
or call 020 7631 6316**

www.bbk.ac.uk

020 7631 6316

London's evening university

Business Week, 27-30 June 2011

Held at our central London campus, Birkbeck's Business Week offers a series of free afternoon and evening events on the topic of resilience, showcasing our latest research and teaching excellence.

To see the full programme of events, visit **www.bbk.ac.uk/bizweek**

the Mayor's Newham Show

FREE

Saturday 16 & Sunday 17 July

12noon-6pm
Central Park, High Street
South, East Ham E6

Fantastic family fun with
a real beach, donkey
rides, fairground
attractions, Grow Your
Own competitions,
music and cabaret.

Plus the Newham
Carnival!

For more information call
020 8430 2000 or visit
**[www.newham.com/
summer](http://www.newham.com/summer)**

*Brought to you by the
Mayor of Newham*

No public parking, please use public transport. **Tube:** East Ham Station.
Buses: 58, 104, 101, 115 to Central Park 5, 147, 238 to Barking Road.
Disabled Parking, toilets and access. This event takes place on grass.
You may be searched as a condition of entry. No glass bottles or dogs.